



JUNE

# HAPPY HOLLOW FARM

Week 6 of 24 Wed. 6/11, Thurs. 6/12 & Sat. 6/14



TAT SOI

LETTUCE FENNEL

HIGHLIGHTED  
VEGETABLE  
OF THE WEEK



## What's in your share?

### Full, Partial & Single Shares

#### Carrots



**Garlic Scapes** (just like scallions but they have a fabulous mild garlic flavor)

**Head Lettuce** (oakleaf varieties)

**Kale** (Dinosaur)

**Scallions**

**Snow Peas**

**Tat Soi**



### Full & Partial Shares

**Hakurei turnips**

### Full Shares

**Beets**

Please remember to return your box every week when you pick up your next share



**T**at Soi is another fantastic Asian green, similar to pac choy & bok choy, that can be used in a variety of ways from stir fries to salads. Think of it like you would pac choy or swiss chard. CSA & CORE group member Alysia B. says it's better than spinach!" The challenge for growing this vegetable in the spring especially, is a tiny black beetle called a Flea Beetle, my guess is because it jumps like a flea, that is the main

pest on Asian greens. They don't actually harm the plant except they make tiny little holes in the leaves, which you will notice in the tat soi. It makes the leaf not quite as pretty but it is still delicious & very nutritious!



Also new this week are **Garlic Scapes**. These are a once a year treat and are delicious added to most any dish, raw or lightly sauteed!

## What's happening on the farm?!?



Putting shade cloth over the peppers

The past couple of weeks seem to be even *busier* than normal for this time of year!!! The weeds have exploded with the recent rains while at the same time we're trying to get the last of the summer crops in the ground. Hopefully we will finish putting the winter squash & melons in the ground this week. Our transplants are bigger than I would usually like them to be but despite our hard work and long

days we just weren't able to get everything planted last week. We also have some serious weeding to get caught up on!

This past Saturday 8 hard core CSA members worked their tails off in the high tunnel clearing it out from the last of the spring crops and a very healthy batch of weeds. We also dug trenches and prepared two beds for where the ginger will soon be nestled into the ground.

For those of you that are new, I am sure you will find the fresh ginger an amazing treat. It is beautiful & delicious and as I heard from numerous CSA members last year. "It is really *fabulous!!!*" Look for it in your shares towards the end of September.

Have a great week!

Farmer LIZ

## Did You Know?

### The Return of the SWAP BOX

It's hard to make the swap box a regular weekly occurrence during the early spring when the quantity and predictability of veggies is so up in the air. However, we're reaching the time of the growing season that I can comfortably offer a selection of "extras" that members can swap out one thing for another. If you find that there are certain veggies in your share that you prefer over others, the swap box is available for you to use. Please do not take advantage of this offering and please if you take something out of the swap box, return something from your share in exchange. THANKS & enjoy!!!

### Tat Soi & Tofu Stir Fry

#### Ingredients

- 1 package extra-firm tofu
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- 2 tablespoons all-purpose flour
- 2 tablespoons sesame oil
- 2 sweet peppers, seeded, cored and thinly sliced
- 6 green onions, sliced
- 1 package (8 ounce) whole-wheat lo mein noodles
- 6 tablespoons white miso paste
- 2 cloves garlic, minced
- 1 piece ginger (1 inch), minced
- 1 teaspoon orange zest
- 1/4 cup orange juice
- 1 head of tatsoi; separate stems from leaves & chop stems into

bite size pieces. Chop leaves into somewhat larger pieces.

#### Directions

Place tofu in a colander; set a heavy pot on top 10 to 15 minutes to press out moisture. Halve; sprinkle soy sauce, garlic powder, then flour over halves. Heat 1 tablespoon oil over medium-high heat in a large skillet. Cook tofu until golden, 2 to 3 minutes per side. Slice; set aside. In same skillet, cook peppers, tatsoi stems & onions, covered, until peppers soften, 7 to 8 minutes. Add tatsoi leaves just before peppers soften. Cook noodles as directed on package. Whisk miso paste, garlic, ginger, zest, juice and remaining 1 tablespoon oil in a bowl. Add pepper mixture, noodles & toss. Top with tofu.



### VEGGIE RECIPE OF THE WEEK